

## COVID-19 REMOTE MONITORING SERVICE AND PULSE OXIMETER INFORMATION FOR PREGNANT WOMEN

### Why have I been given this leaflet?

You have symptoms of the COVID-19 virus and have agreed to be registered with the Inhealthcare COVID-19 Remote Monitoring Service. This is an automated system which will contact you twice daily to help you monitor your condition closely for 14 days.

Please remain at home and follow the latest advice from the [NHS Inform website](#).

Pay special attention to hand washing regularly, social distancing and use of a face mask when around others, even in your home.

#### Maternity Unit Contact Details:



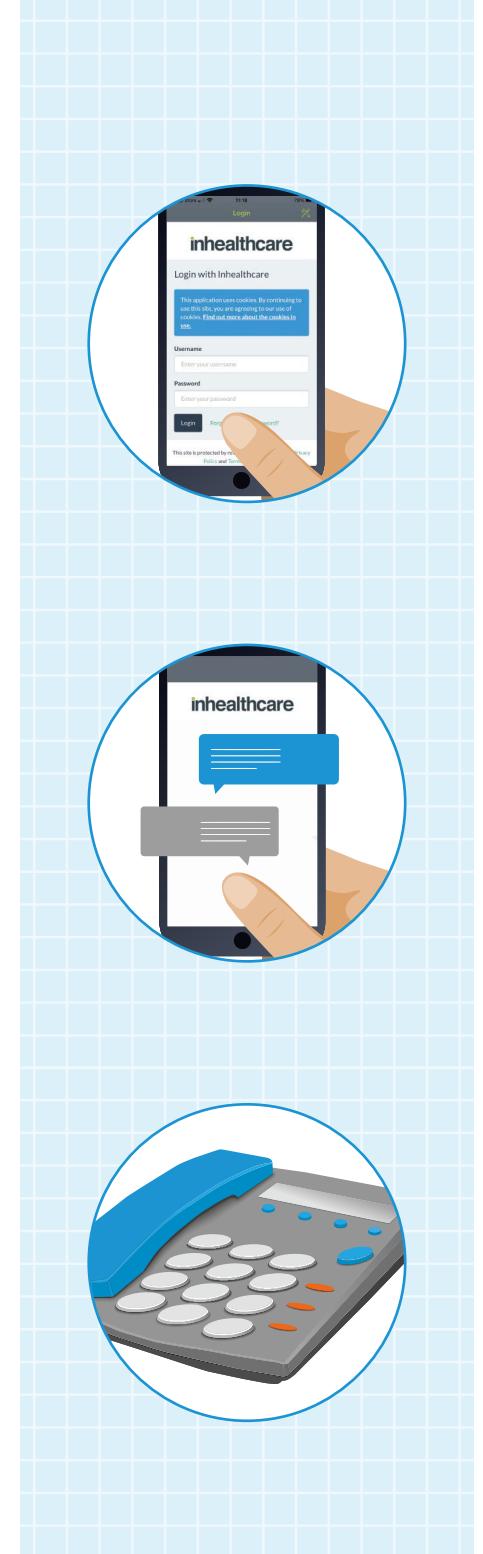
### How does the COVID-19 Remote Monitoring Service work?

The automated service will contact you at the same time, twice daily. This will be via a simple online survey or smart phone app or by text message or automated phone call, if you prefer. Each time the service contacts you, you will be asked a series of questions about your symptoms. The service monitors your daily responses and gives advice or, if necessary, advises you where to seek further advice or emergency assistance.

You will be asked to monitor your symptoms for 14 days.

The system is free to download; however, using the app may incur data charges unless connected to WIFI. If you prefer to use a paper diary, or if your health board does not use an electronic system, you will be offered a paper diary instead. If using a paper diary, it will be up to you to remember when to take your readings.

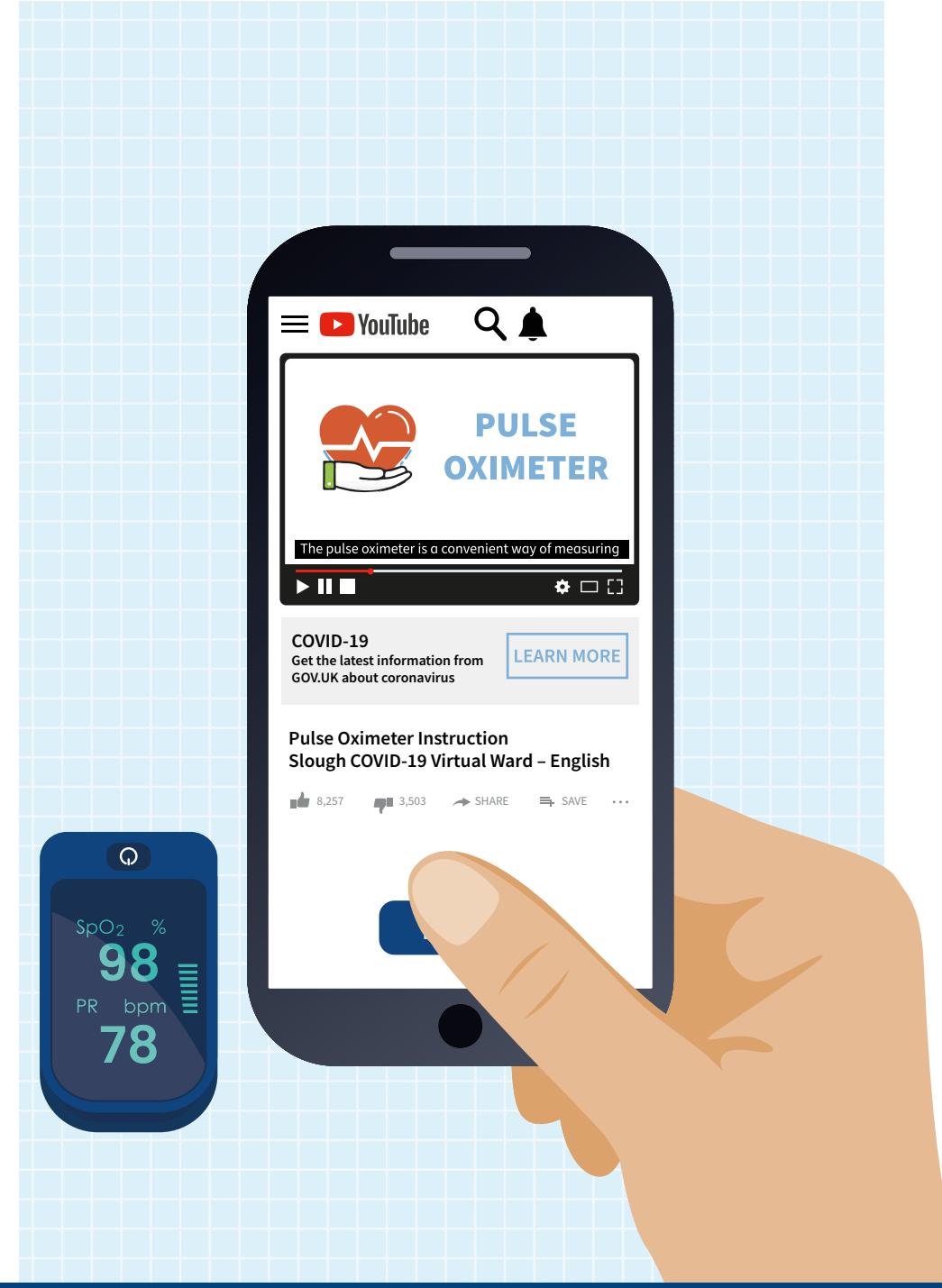
**Please note that the readings you send are not directly monitored by a doctor or nurse.**



## I've been given a pulse oximeter, what is it for?

We know that monitoring your blood oxygen level is the most accurate way of keeping an eye on your progress when you have symptoms of COVID-19. To do this, you will be provided with a device called a pulse oximeter to take blood oxygen readings. It also measures your pulse rate.

A pulse oximeter is a medical device that attaches painlessly to a clean finger and which measures your blood oxygen levels. We would expect your oxygen saturations to be at 95% or above when sitting. An ideal heart rate is between 50 and 90 beats per minute (bpm).



## How do I use a pulse oximeter?

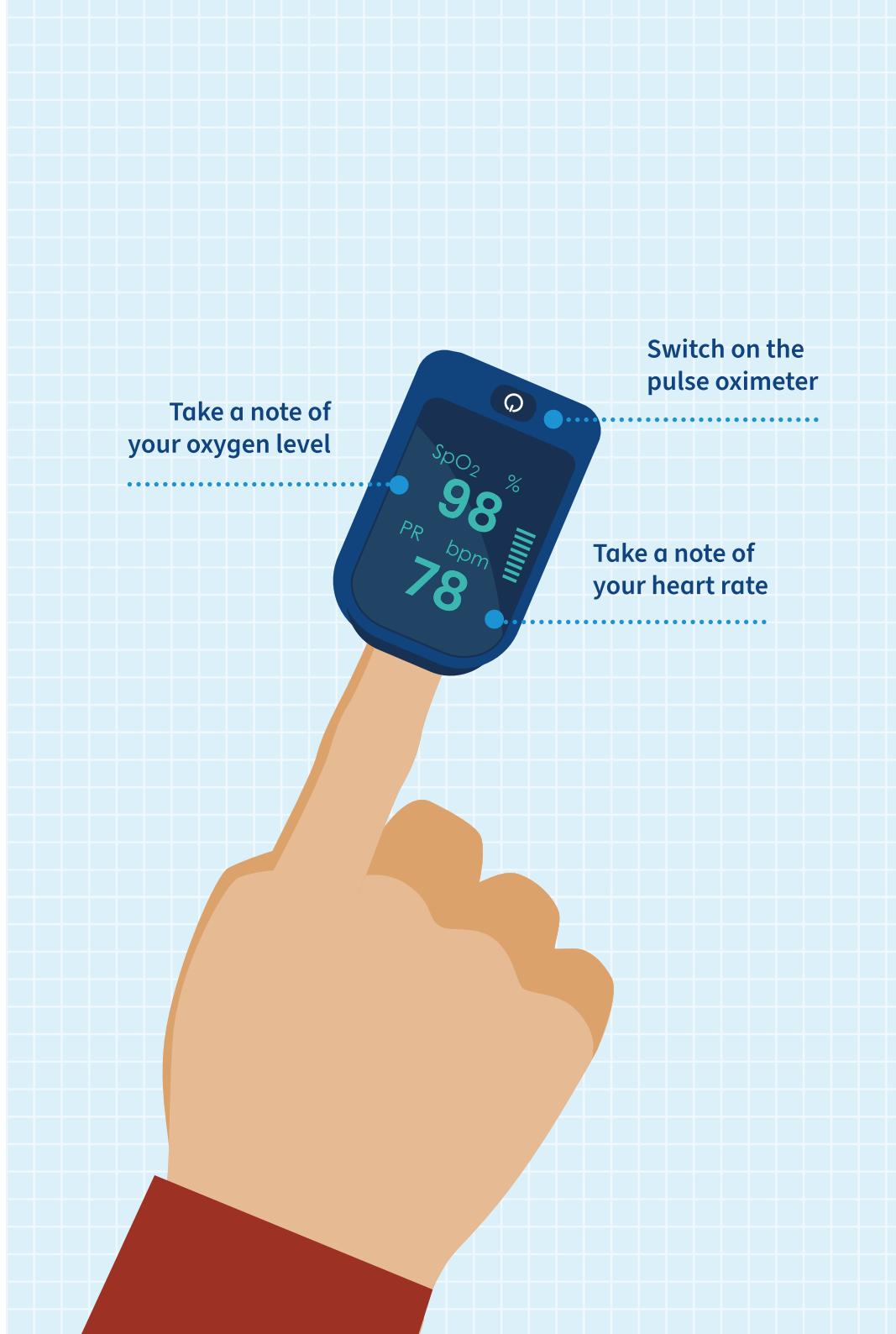
You can watch this YouTube video which shows you how to use your oximeter or follow the step-by-step instructions overleaf.

- ▶ English: [www.youtube.com/watch?v=nx27Ck7xOgo](https://www.youtube.com/watch?v=nx27Ck7xOgo)
- ▶ Polish: [www.youtube.com/watch?v=Lkd-BNeMvLs](https://www.youtube.com/watch?v=Lkd-BNeMvLs)
- ▶ Hindi हिंदी: [www.youtube.com/watch?v=e1ipiJY-zwk](https://www.youtube.com/watch?v=e1ipiJY-zwk)
- ▶ Punjabi ਪੰਜਾਬੀ: [www.youtube.com/watch?v=wU5V6wVEHoM](https://www.youtube.com/watch?v=wU5V6wVEHoM)
- ▶ Urdu اردو: [www.youtube.com/watch?v=rkGRRllumW4](https://www.youtube.com/watch?v=rkGRRllumW4)

## Pulse oximeter instructions for use

Cold hands, movement, dirt on the sensor, and nail varnish can produce an inaccurate reading, so please follow these instructions:

- ♥ Remove any nail polish or false nails and warm your hand if cold.
- ♥ Make sure you have been resting for at least five minutes before taking your measurement.
- ♥ Your hand should be resting on a flat surface such as a table or pillow at the level of your heart.
- ♥ Switch on the pulse oximeter and place it on your finger. It works best on your middle or index finger (shown in the diagram). It should not be used on your ear.
- ♥ Keep the pulse oximeter in place for at least a minute, or longer, until the result has not changed for five seconds. **Note both your oxygen level and heart rate.**
- ♥ Keep your monitor on if you are asked and take your oxygen reading again following either sit to stand or walking for one minute.



## What if I become more unwell?

People with COVID-19 can occasionally become unwell very quickly. If this happens to you, do not wait to seek help.

Check your oxygen level, temperature and pulse rate.

Rest for 10 minutes.

Check your oxygen level, temperature and pulse rate again.



### Call 999 if

- ♥ You are so breathless you are having difficulty speaking
- ♥ Your oxygen level is 93 or less
- ♥ You have severe central chest pain
- ♥ You have heart rate of over 120 bpm

#### Remember to tell the 999 call-handler:

- ♥ That you have COVID-19 and are monitoring your oxygen levels at home
- ♥ That you are pregnant
- ♥ If you think you might be in labour



### Call your Local Maternity Unit if:

- ♥ Your oxygen level is lower than it was before and has dropped to 95% or 94%
- ♥ Your oxygen level falls by 3% or more with mild exertion, such as walking
- ♥ You have palpitations (very fast heart rate) or a pulse rate higher than 100 bpm
- ♥ Your temperature is 38.5 degrees or higher OR your temperature has been 38 degrees or more for more than 5 days
- ♥ You don't have a thermometer and you are very hot with chills /shakes
- ♥ You, or someone who looks after you, has noticed you are more confused
- ♥ You have very pale or clammy or mottled skin
- ♥ You have persistent and problematic coughing
- ♥ You notice your baby hasn't moved as much as usual or their pattern of movement has changed

Low blood oxygen levels or a very fast heart rate can be dangerous for you and your baby, even if you feel well.

Remember to tell your Local Maternity Unit that you have COVID-19 and are monitoring your oxygen levels at home

## Data Protection

Information on how the NHS handles your personal health information can be found on the NHS Inform website:

<https://www.nhsinform.scot/care-support-and-rights/health-rights/confidentiality-and-data-protection/how-the-nhs-handles-your-personal-health-information>